



# Screening and Addressing Fatigue Symptoms in Patients with Orthopedic Problems Using the PROMIS Fatigue Scale

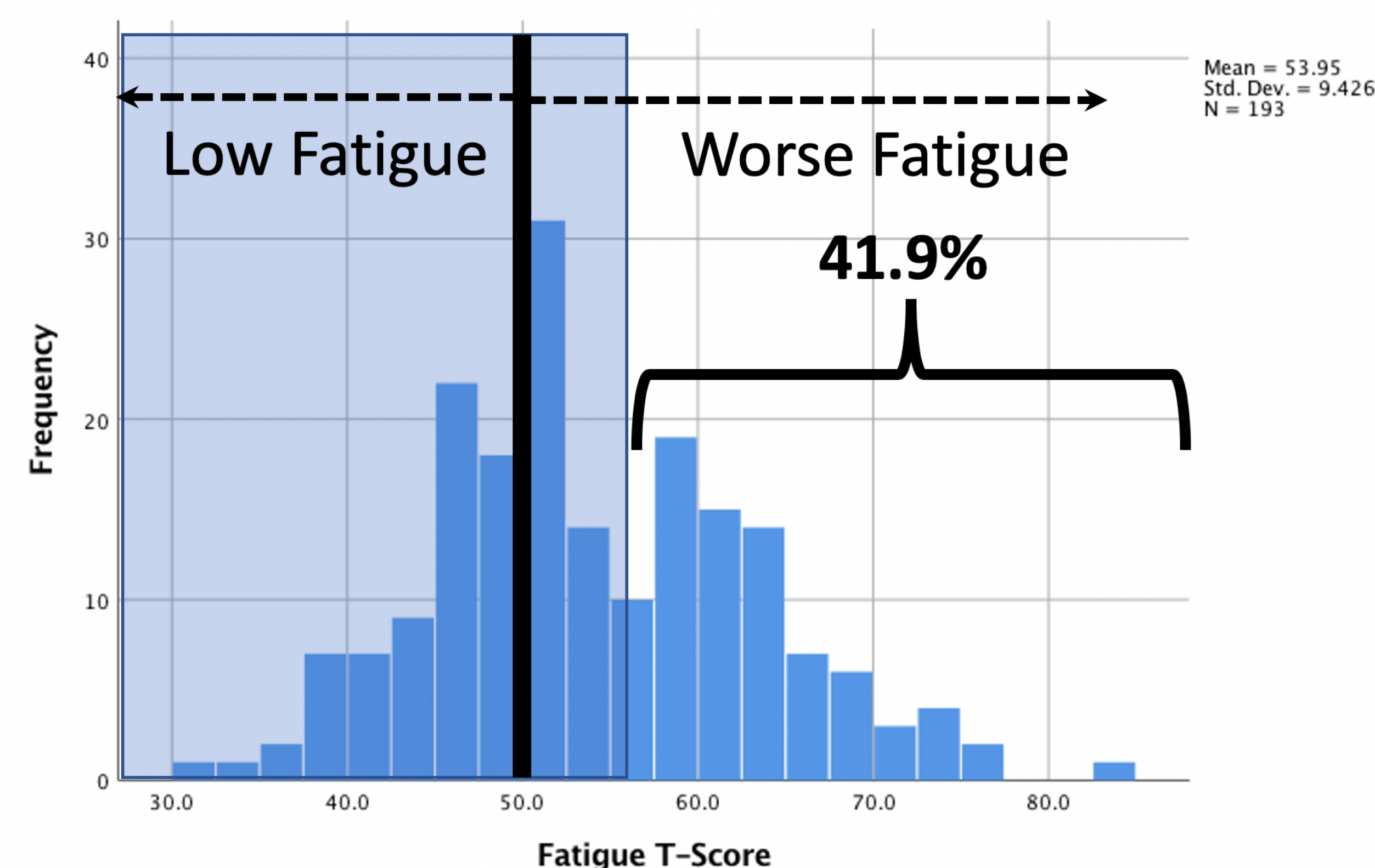
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## Why fatigue?

- In the primary care setting, **fatigue is a common complaint**, outnumbered only by cough.
- **41.9% of patients** in an outpatient physical therapy setting reported unacceptable fatigue.
- **Fatigue scores are weakly correlated to physical function and pain interference** (using Patient Reported Outcome Measurement Information Systems [PROMIS]).
- Therefore, detecting fatigue and **addressing it directly is necessary.**

## Distribution of Fatigue Scores for Outpatient PT Population

n = 203



## Behavioral Health



PHQ-2 or PHQ-9  
Primary vs situational

## Sleep



1. Do you have trouble falling asleep?  
2. How is your sleep quality?

## Fatigue

## Physical Activity



1. How often do you engage in physical activity?  
2. For what duration?

## Medical Diagnoses



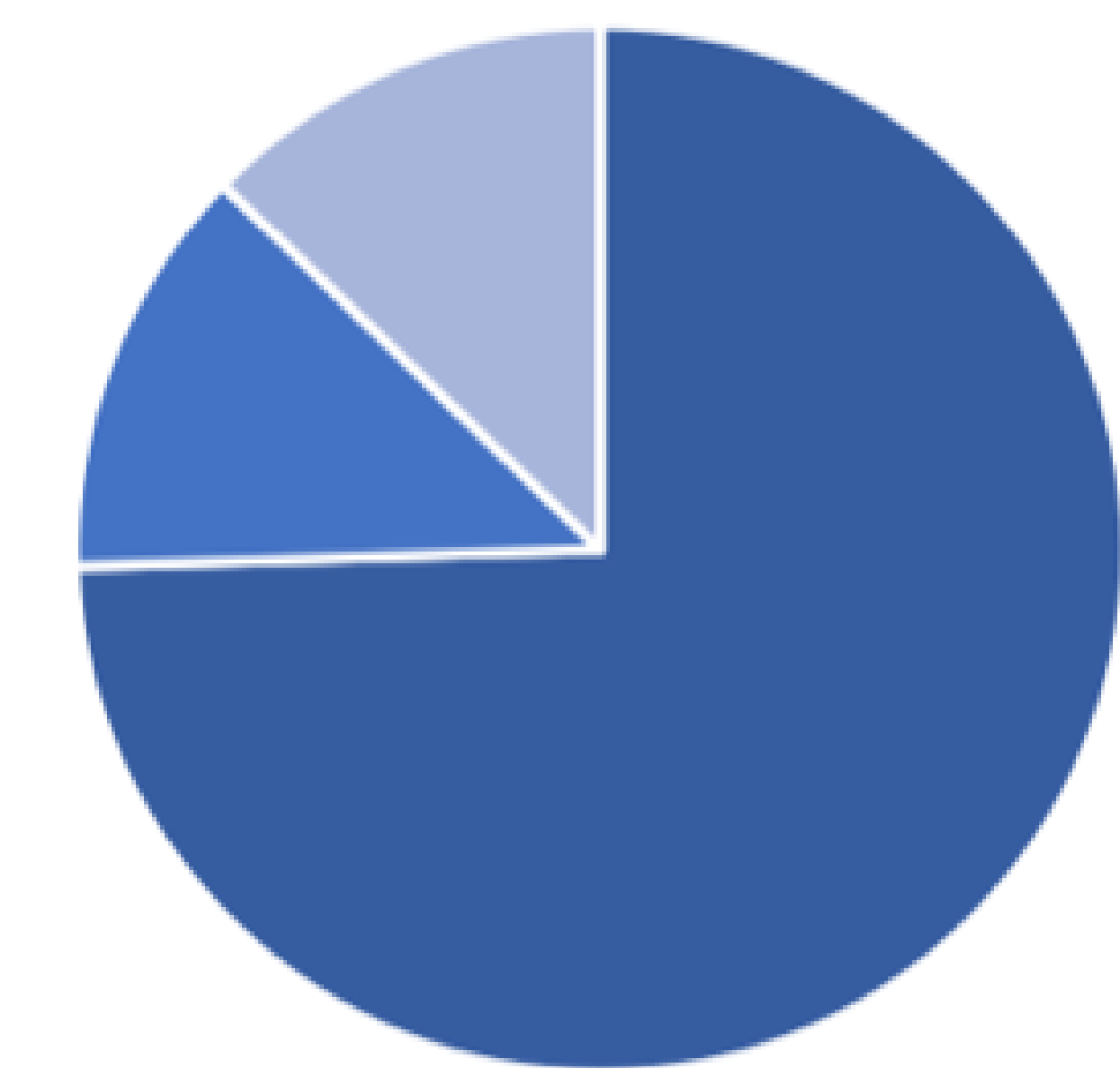
Screen for red flags  
(e.g. anemia, thyroid disorders)

## Targeted treatment approaches

- Evidence-based behavioral health interventions
- Consider sleep studies and/or sleep hygiene
- Physical activity behavior change approaches
- Dialogue/communication with patient/provider for primary health problems (e.g. thyroid, diabetes, anemia)

## Current Outcome Data

n = 47 PASS No patients at Initial visit



■ Decreased Fatigue ■ No Change ■ Increased Fatigue

## Conclusion

- **Fatigue is a common complaint.**
- It can be easily measured and tracked for response-to-treatment using the **PROMIS scale.**
- This algorithm provides **manageable screening tools and treatments.**
- **Physical Therapists are in an optimal position** to measure and treat fatigue.
- Future impact opportunities include targeting populations with **depression** and **cardiopulmonary** pathologies.